



**BHARATHIAR COUNSELLING CENTER @
DEPARTMENT OF PSYCHOLOGY,
BHARATHIAR UNIVERSITY,
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How to improve Interpersonal Relationships?

People matter. The important formula to success is knowing how to get along with people. Relationships are one of the most complicated and difficult parts of one's life, but they are also one of the most rewarding. Relationship determines the quality of life. It is vital to building strong and enduring relationships. Always remember, "People will forget what you said. People will forget what you did. People will never forget how you made them feel." Interpersonal relationships turn out to be the best support system when working towards mental health goals.

Learn to identify toxic relationships

Not all relationships are healthy; sometimes, you need to let go of relationships. It is important to recognize signs of unhealthy relationships. The violence of any kind should not be encouraged. If someone you are with makes you feel small, worthless, unwanted, disrespected, and not loved, you should quit that relationship because it is not healthy. Any hurt, physical or psychological, in a relationship is bad and is a red flag you must not ignore.





Ways to improve Interpersonal Relationships

- Smile. It radiates positive energy that draws others to you.
- Be a good listener, emotionally present and available. The deepest human desire is to feel understood.
- Communicate regularly.
- Don't always doubt others intentions. Learn to trust.
- Don't be afraid to accept your mistakes, big or small.
- Be authentic; Be yourself, and don't try to be someone you are not.
- Establish healthy boundaries that allow you to feel respected and comfortable.
- Everyone makes mistakes, so learn to forgive and move forward.
- Resolve conflict as soon as possible. Don't let it grow.
- Use body language effectively
- Acknowledge others' thoughts and emotions
- Leave your ego behind, and learn to 'take it easy'
- Do not lie, hide and be as open as possible. Keeping too many secrets is not healthy.
- Engage in in-person discussions rather than texting because both have different effects.
- Invest in others' lives. People matter. They can be your strength during difficult times.
- Be patient. Don't rush. Building relationships takes time.

In case you feel isolated, or relationships feel strained, seek professional help.

**For scheduling an appointment with a counsellor at
Bharathiar Counselling Centre,
call 0422-2428465 or email bcc@buc.edu.in**

